

Chakra Affirmations

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<p>Root chakra</p> <p>- <i>belonging, safety, trust, connection to the earth.</i></p> <p>"I am here in my body and all is well"</p> <p>"I connect easily and often to nature"</p> <p>"I am safe always, I am loved"</p> <p>"I trust in the process of life"</p>	<p>Sacral chakra</p> <p>- <i>feelings, relationships, pleasure, creativity, sexuality.</i></p> <p>"I love to feel pleasure in my body"</p> <p>"I easily accept pleasure"</p> <p>"I am surrounded by relationships that feel good"</p> <p>"I am a sensual and creative being"</p>
<p>Solar Plexus chakra</p> <p>- <i>personal power, self control, vitality, purpose, direction.</i></p> <p>"I easily manifest my desires"</p> <p>"I trust my own guidance"</p> <p>"I am a powerful creator of my life"</p> <p>"I feel great purpose and passion for life"</p>	<p>Heart chakra</p> <p>- <i>love, compassion for self and others, forgiveness, deep connection.</i></p> <p>"I completely love and accept myself"</p> <p>"It is easy to feel compassion for others"</p> <p>"I accept myself and others easily"</p> <p>"Love is abundant in my world"</p>
<p>Throat chakra</p> <p>- <i>communication, truth, expression, independence.</i></p> <p>"I speak my truth with confidence"</p> <p>"I express myself in loving ways"</p> <p>"My voice is truthful and strong"</p> <p>"I communicate with clarity and ease"</p>	<p>Third Eye chakra</p> <p>- <i>intuition, awareness, imagination, intelligence.</i></p> <p>"I am aware in every moment"</p> <p>"My imagination is blissful"</p> <p>"I trust my intuition"</p> <p>"My vision is powerfully understood"</p>
<p>Crown chakra</p> <p>- <i>connection with higher self, spirit, source, universe, God or divine wisdom.</i></p> <p>"I connect easily with spirit"</p> <p>"I am sure of my inner knowing"</p> <p>"My experience is abundant"</p> <p>"I am pure light and love"</p>	<p><i>Namaste darlings.....</i></p>

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